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Thursday, June 16, 2011
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News worth sharing.

Devastated

Dream season falls short for the Canucks as the Bruins claim the Stanley Cup with a 4-0 Game 7 victory {pages 3-6, 31-33}

▶ Canucks Raffi Torres, right, and Sami Salo react after being defeated by the Boston Bruins last night.

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IT'S A BOY
NEW MOM PORTMAN PLANS TO LIE LOW
{page 22}

SPEEDY STEAK STRIPS
TOP WITH TOMATO, BLUE CHEESE {page 30}

MCLACHLAN HONOURED
SFU GRADUATES GET SERENADED {page 8}

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ELSA/GETTY IMAGES

▶ Canucks Victor Oreskovich, left, and Alex Burrows react after being defeated by the Boston Bruins last night.

Stanley Cup slips from grasp

Energy at Rogers sapped early, with Bergeron's first crowd-silencing shot Sedin says he takes blame for weak offence Players disappointed when they heard of rioting in city

A collective letdown descended on Rogers Arena yesterday as the Vancouver Canucks failed to capture the first Stanley Cup in the team's history.

Playing on home ice in Game 7, Vancouver suffered a crushing, gut wrenching 4-0 defeat at the hands of the Boston Bruins.

The agony of their loss was apparent after the game.

"It's tough, I can't put it into words right now," said a distant Ryan Kesler in the Canucks' dressing room. "It's Game 7, there are no excuses. We had to lay it out there. I can hold my head up high but it hurts, it definitely hurts right now."

The top-scoring team in the regular season were absolutely stifled by playoff MVP Tim Thomas and the Bruins.

For all the talk of their poor road performances and inconsistent goaltending, the Canucks set a Stanley Cup final low of just eight goals in seven games.

"Our line is there to score and we couldn't. I take a lot of blame for that," said captain Henrik Sedin, who had just two points in the series. "It's extremely disappointing, this is what we've been here for 11 years. To finally reach this point and to get up 3-2 in the series and not close it out ... it's disappointing."

Just as disappointing were reports of rioting outside the arena.

"It's terrible," Sedin said after being told of the chaos downtown. "This city has a lot to be proud of. It's sad."

After being pulled in Game 6, the Canucks went back with franchise goaltender Roberto Luongo in net at home.

He made 17 stops on 20 shots.

And while not stellar, it was hard to pin the loss on a goalie that often finds himself under fire in the media and in the public eye.

"It's a team game, we all want to be better. We're not going to point fingers," said Luongo.

The Canucks were given one last standing ovation by the home crowd in the last minute of play, but the plaudits were little consolation.

"We worked really hard all season long," said Christian Ehrhoff. "It's really disappointing." MATT KIELTYKA

POST-GAME RIOTING

'Absolutely shameful'

Black smoke billowed over the skyline, cars were flipped, police cruisers were firebombed, bloody brawls broke out among crowds and riot police lined every downtown corner.

Welcome to the chaos that broke out in Vancouver as hooligans used Game 7 as an excuse for anarchy.

"It's absolutely shameful and disgraceful and in no way represents the city of Vancouver," said Mayor Gregor Robertson, who pinned the violent behaviour on a small group of people looking for trouble.

As of deadline, there were no firm numbers on the extent of the damage or number of injuries. MATT KIELTYKA

1 news

Health experts offer surprising perspective on the media's reporting of suspected cancer risks. Scan code for story.

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On the web

Roberto Luongo talks about where he planned to go to get into a state of pre-game serenity. Video at metronews.ca

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Canucks fans crushed ◆ Thomas too good for Vancouver offence, wins Conn Smythe ◆ Second time in franchise history that Canucks took Stanley Cup final to ultimate game and lost ◆ Vancouver entered game with six straight home-ice wins

TEXT **METRO**

Canucks suffer bitter end to hopeful 40th anniversary

JONATHAN HAYWARD/THE ASSOCIATED PRESS

▶ Cory Schneider is consoled by fans as he walks off the ice.

JULIE JACOBSON/THE ASSOCIATED PRESS

▶ Roberto Luongo skates off the ice after the Boston Bruins defeated the Canucks 4-0 in Game 7 of the Stanley Cup final last night.

DARRYL DYCK/THE CANADIAN PRESS

▶ Vancouver fans sit alone long after the game.

JONATHAN HAYWARD/THE CANADIAN PRESS

▶ Members of the Vancouver Canucks skate off the ice following the loss.

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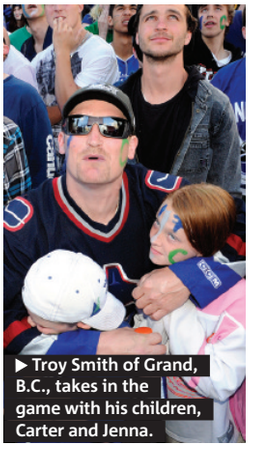
The same city that hosted a picture-perfect Winter Olympics showed an ugly side last night after an agonizing Stanley Cup loss sent furious fans on a rampage Rioters set cars and garbage cans ablaze, smashed windows and pelted giant TV screens with beer bottles, as police, truncheons drawn, moved in to quell the violence and send the crowds home

TEXT **THE CANADIAN PRESS** PHOTOS **JENNIFER GAUTHIER**

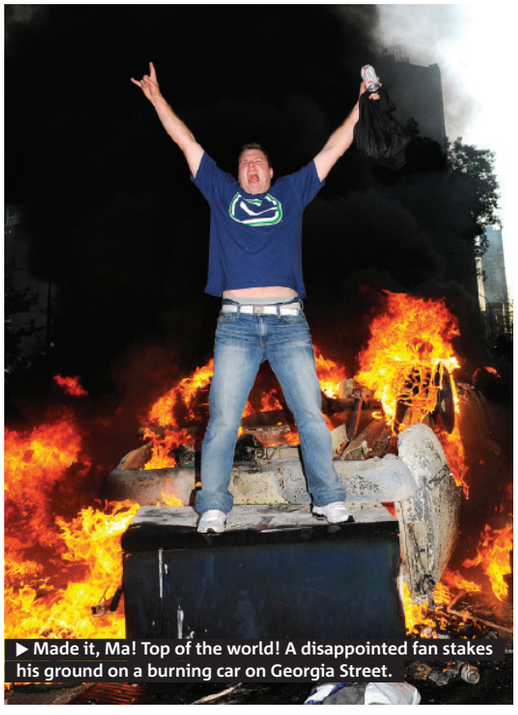
▶ To the cheers of onlookers, rioters turn a car into a raging fireball on Georgia Street after the Vancouver Canucks lost the Stanley Cup final.



▶ Troy Smith of Grand, B.C., takes in the game with his children, Carter and Jenna.

▶ Nails are bitten to the quick as the Bruins leaped ahead 2-0 in the second period.

Cup dreams die hard



▶ Made it, Ma! Top of the world! A disappointed fan stakes his ground on a burning car on Georgia Street.

▶ Game over: The Bruins score goal number four.

▶ Hope is fading as the game enters the third period.

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News in brief

Cop faces investigation

The professional standards unit of the New Westminster Police Service re-started its investigation of Const. Jeff Klassen, who was convicted of the January 2009 assault of a newspaper delivery man.

DAVID PROCTOR

No plan to delay HST vote

Elections BC is producing HST referendum-voting packages to distribute as soon as Canada Post service resumes.

DAVID PROCTOR

B.C. residents work too hard?

An ING Direct survey of summer vacation plans found that British Columbians intend to take the least vacation time of all Canadians, with 62 per cent saying they're only planning a trip of four days or less.

DAVID PROCTOR

Postal lockout hits charities

The Union Gospel Mission reports that over 87 per cent of their donations come in the mail and is urging people to give online during the lockout.

DAVID PROCTOR

Vancouver: Home of country's highest housing prices

Vancouver is the most expensive housing market in Canada, and the third most expensive in North America, says a recent study.

JULIA DILWORTH

SFU honours McLachlan

University makes songstress an honorary doctor in recognition of charity work ◐ Two-song performance met with standing ovation

DAVID PROCTOR
VANCOUVER@METRONEWS.CA

DAVID PROCTOR/METRO

▶ Sarah McLachlan played World on Fire and In the Arms of an Angel for the graduating class at SFU yesterday.

Simon Fraser University graduates attending their convocation yesterday morning were treated to a special performance by Canadian songstress Sarah McLachlan as she collected an honorary degree.

"My manager put the offer in front of me and said they want to honour me, and obviously I was extremely thrilled and humbled," the Vancouver-based singer/songwriter said.

"It's incredibly flattering to be recognized for the work I do that just comes naturally from the heart."

McLachlan was introduced by former school of communication director Dr. Martin Laba, who lauded her for her charitable work in areas including animal welfare, youth musical education and poverty reduction.

"All of these contributions are remarkable, and all share the aspirations that are central to Simon Fraser University," said Laba.

"We gain inspiration, example, and direction in Sarah MacLachlan's music, in her artistic achievements, in her dedication to civic engagement, and her vision and commitments to make music truly an enduring agent of social change."

After accepting her degree, McLachlan's performance of World on Fire and In the Arms of an Angel were greeted with standing ovations from many of the graduates.

This semester, SFU is also giving honorary degrees to McDonald's Canada founder George Cohon, astronaut Robert Thirsk, former Vancouver city planner Ray Spaxman, sportscaster Brian Williams, and computational molecular biologist Pavel Pevzner.

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House slithering with snakes

Infestation goes into walls Family gives up and flees home after 42 snakes caught in one day

COURTESY OF AMBER SESSIONS

JESSIE BONNER/THE ASSOCIATED PRESS

▶ The snake house, near Rexburg, Idaho, is believed to have been built on a snake den. It's now up for sale. Inset: Garter snakes caught by the Sessions family in 2009.

The five-bedroom house sits on pastoral acreage in the rural Idaho countryside. At a price less than $180,000, it seemed a steal.

But a bargain it wasn't. Ben and Amber Sessions soon realized the dream home they'd purchased for their growing family in 2009 was infested with garter snakes.

The ground was so thick with snakes surrounding the home it appeared to move at times. Throngs of snakes crawled beneath the home's siding. At night, the young couple said they would lie awake and listen to slithering inside the walls.

"It was like living in one of those horror movies," said Ben Sessions, 31.

"It was just so stressful. It felt like we were living in Satan's lair, that's the only way to really explain it."
AMBER SESSIONS, HOMEOWNER

The family would frequently eat out because their well water carried the foul smelling musk that the snakes release as a warning to predators.

Each day, before his pregnant wife and two small boys got out of bed, Sessions said he would do a "morning sweep" through the house to make sure none of the snakes had made it inside. That didn't always work. One day, he heard his wife scream from the laundry room, where she had almost stepped on a snake. He rushed into the room to find that she'd jumped onto a counter.

"I was terrified she was going to miscarry," he said.

At the height of the infestation, Sessions said he killed 42 snakes in one day before he decided he couldn't do it anymore. He had waged war against the snakes and "they won."

He and his wife had little recourse, though, when they decided to flee the home. They had signed a document that noted the snake infestation. They said they had been assured by their real estate agent that the snakes were just a story invented by the previous owners to leave their mortgage behind. But the so-called Idaho snake house was no myth, according to the Sessionses, their neighbours, and the videos and photographs taken by them and past residents of the house."

The Sessionses filed for bankruptcy. The house was foreclosed and they left in December 2009, the day after their daughter was born and just three months after moving in.

Now owned by JP Morgan Chase, the home has stayed off the market for the past several months while Chase decides what to do with it.

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Will and Kate to mix glam, goodwill in Cali

California trip follows visit to Canada, the Royal couple's first overseas engagement since their wedding

ALASTAIR GRANT/THE ASSOCIATED PRESS

▶ Catherine, the Duchess of Cambridge.

Prince William and his wife, Kate Middleton, plan to combine red-carpet glamour with serious charity work during a trip to California next month, palace officials said yesterday.

The three-day visit to the Los Angeles area will be Middleton's first visit to the United States.

Private secretary Jamie Lowther-Pinkerton said the duke and duchess will attend a black-tie dinner at L.A.'s renovated Belasco Theater to introduce young British film talent to Hollywood executives on July 9.

"The goal is not to meet celebrities, the goal is to connect young British talent with Hollywood decision makers, the people in the back room who put the deals together," Lowther-Pinkerton said.

The British Academy of Film and Television Arts is organizing the event, called "BAFTA Brits to Watch." William serves as president of the academy.

Earlier that day, William will play at a charity polo match in Santa Barbara, with Middleton scheduled to award the trophy to the winning team.

The royal couple also plans to meet inner-city youths involved in an arts program and to meet military families in Los Angeles to learn more about how veterans are reintegrated into society. They will pack care packages bound for service personnel in Afghanistan.

The trip to California will follow a June 30-July 8 visit to Canada, where the couple's itinerary includes Canada Day in Ottawa, visiting the Northwest Territories and opening the Calgary Stampede.

Officials said Middleton, whose fashion choices have been widely praised since she took up her official duties, would not bring a special "dresser" on the trip but would rely on an administrative assistant.

A hairdresser will be part of the entourage, officials said.

THE ASSOCIATED PRESS

New. Home

▶ New Democratic Party leader Jack Layton and NDP MP Olivia Chow receive the keys as they arrive to Stornoway, the house of the leader of the Opposition in Ottawa yesterday.

SEAN KILPATRICK/THE CANADIAN PRESS

House of opposition

Afghan army returns Canadian rifles

The Afghan National Army has given back thousands of C-7 assault rifles Canada donated in a $9-million effort to bring the fledgling fighting force up to speed.

NATO, with its new training establishment, has quietly decided that the entire Afghan force should be equipped with American M-16s, of which the C-7 is a variant. It was the Afghans who, early in the war, asked for NATO weapons. THE CANADIAN PRESS

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The 2,500 modified, surplus C-7 rifles, mostly vintage 1980s weapons, were handed over to the Afghan army by Canada with much fanfare between 2007 and 2008.

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Recession stalls battle vs. poverty

- Almost one in 10 Canadians are poor, says StatsCan
- Agency uses three different measures of low income

The recession stopped progress on poverty in its tracks and took a bite out of incomes in Ontario, British Columbia and Alberta, new numbers from Statistics Canada show.

The agency says the low-income rate edged up in 2009 to 9.6 per cent — the second straight year poverty increased after more than a decade of steady declines.

"It's not very encouraging," said Rob Rainer, executive director of Canada Without Poverty.

He points out that most provincial governments now have anti-poverty strategies that are well-entrenched. He had been hoping to see some positive results despite the recession.

Instead, the percentage of people living below the low-income cutoff has climbed slowly, from 9.2 per cent in 2007, to 9.4 per cent in 2008 — the first year of the recession — and now to 9.6 per cent.

"Our overall income and wealth redistribution system is not up to the task," Rainer commented.

And children were vulnerable during the recession, with their low-income rate rising to 9.5 per cent in 2009 from 9.0 per cent a year earlier.

But the picture of the recession is one of stagnation rather than complete catastrophe. The median after-tax income for Canadian families was $63,800 in 2009 — about the same as a year earlier.

Recessions have deepened poverty in Canada for years, and exacerbated the gap between rich and poor. Many analysts feared the pattern was repeating itself. So far, that doesn't seem to be the case.

"I thought the poverty rate would be much steeper," said social scientist John Stapleton, who closely tracks social assistance numbers and saw a large increase during the recession.

Statistics Canada officials and researchers alike recognize there are deep problems with accurately measuring poverty in Canada. The agency uses three different measures of low income, but does not have an official poverty line like in other countries. **THE CANADIAN PRESS**

Kick. Off

▶ A Greek riot police officer kicks a protester yesterday who was trying to calm other protesters during clashes in Athens' main Syntagma square.

LEFTERIS PITARAKIS/THE ASSOCIATED PRESS

Greek protesters clash with police

Hundreds of protesters clashed with riot police in Athens yesterday as a major anti-austerity rally degenerated into violence outside parliament, where the government was to seek support for new cutbacks to avoid a disastrous default.

Workers' passports held captive

A Hawaii farm supervisor pleaded guilty Tuesday to confiscating passports from Thai labourers to prevent them from fleeing work sites between January 2004 and December 2008.

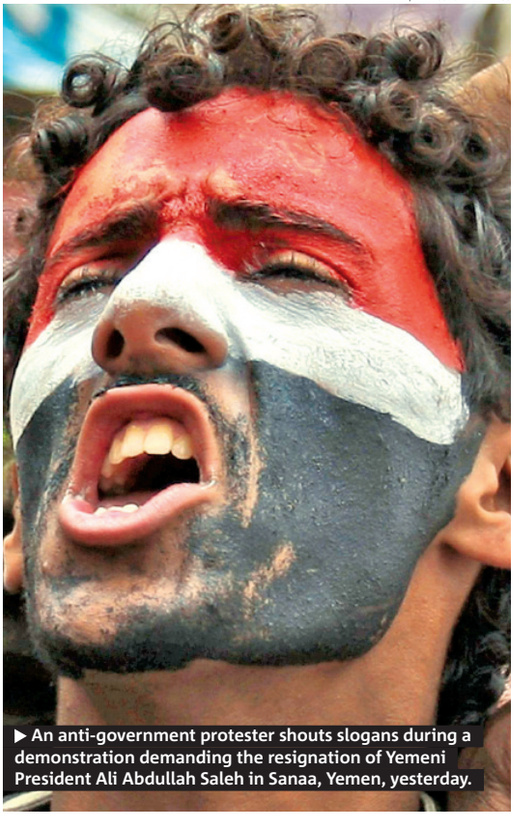
Sam Wongsesanit, 40, is the third defendant to plead guilty in a federal human trafficking case involving Los Angeles-based labour recruiting company Global Horizons.

Wongsesanit told the U.S. Magistrate that he did not know he was breaking the law, but is now taking responsibility. **THE ASSOCIATED PRESS**

Yemen attacks boost turmoil

- U.S. fears growing connection between al-Qaida-linked militants and Somalian insurgents
- White House increases CIA presence in Yemen

HANI MOHAMMED/THE ASSOCIATED PRESS



▶ An anti-government protester shouts slogans during a demonstration demanding the resignation of Yemeni President Ali Abdullah Saleh in Sanaa, Yemen, yesterday.

Al-Qaida-linked militants temporarily seized parts of a provincial capital in southern Yemen yesterday, the latest in a series of brazen attacks by extremists taking advantage of the turmoil in the nation.

Up to 200 militants launched a surprise dawn attack on Houta, killing one soldier and wounding three before taking control of several neighbourhoods, according to security officials.

The fighters are expanding their reach after wounded President Ali Abdullah Saleh left Yemen for Saudi Arabia and cast the country into deeper chaos.

Saleh, 70, left Yemen for treatment of wounds he suffered in a rocket attack on his compound in Yemen's capital, Sanaa.

The nation's leader of nearly 33 years, Saleh has held onto power in the face of massive protests demanding his ouster since February. Some of his top aides, military commanders, cabinet ministers and diplomats have defected to the protesters' side. This month, troops loyal to him fought rival tribesmen in Sanaa's streets with artillery.

The turmoil has created a vacuum in Yemen, the Arab world's poorest nation, threatening to cause the country to unravel.

THE ASSOCIATED PRESS

Links to al-Qaida

- Yemen is the southern corner of the Arabian Peninsula near the Gulf's vast oil fields and strategic shipping lanes in the Arabian and Red seas.
- The nation is home to one of the most active al-Qaida branches, which has been linked to several nearly successful attacks on U.S. targets, including the plot to bomb a Detroit-bound airliner in 2009.
- U.S.-born Muslim cleric Anwar al-Awlaki, who lives in Yemen, is on a U.S. kill-or-capture list. He is accused of inspiring U.S. attacks including the 2009 shooting at a Texas military base.

HUMAN RIGHTS ON U.S. AGENDA

The United States has named China, Iran, Libya, North Korea and 10 other nations that it wants the UN to hold accountable for alleged human rights violations.

The U.S. ambassador to the UN Human Rights Council said yesterday "too many governments repress dissent with impunity."

The U.S. list of alleged human rights offenders also includes Bahrain, Belarus, Cuba, Myanmar, Sri Lanka, Sudan, Syria, Venezuela, Yemen and Zimbabwe.

THE ASSOCIATED PRESS

Seeking safer sex trade

It's common sense that anti-prostitution laws put sex workers in danger, and taking them off the books has the potential to save women from killers like Robert Pickton, a lawyer in a landmark appeal said yesterday.

The federal and Ontario governments are trying to overturn a decision that struck down the laws against keeping a common bawdy house, communicating for the purposes of prostitution and living on the avails of the trade.

Superior Court Judge Susan Himel ruled they were contributing to the danger faced by prostitutes by forcing them to choose between obeying the law and keeping themselves safe.

A group of sex-trade workers are arguing the laws prevent them from working indoors where it's safer, taking time to talk to a potential client to assess the risk they pose and hiring bodyguards.

THE CANADIAN PRESS

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SDE
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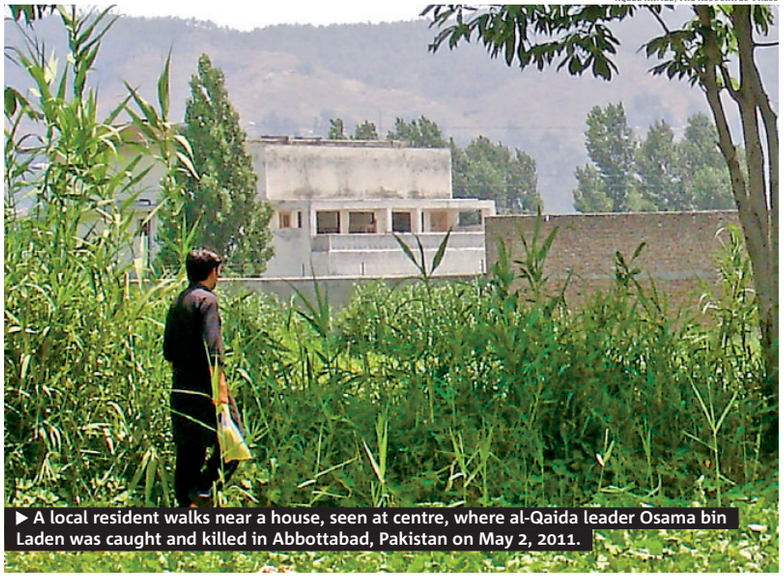
CIA: Informants detained

Agency says Pakistani major among group arrested after Osama bin Laden's assassination earlier this year

AQEEL AHMED/THE ASSOCIATED PRESS



▶ A local resident walks near a house, seen at centre, where al-Qaida leader Osama bin Laden was caught and killed in Abbottabad, Pakistan on May 2, 2011.

The Pakistani army denies that one of its majors was among a group of Pakistanis who western officials say were arrested for feeding the CIA information before the American raid that killed Osama bin Laden.

The New York Times, which first reported the arrests of five Pakistani informants Tuesday, said an army major was detained who copied license plates of cars visiting the al-Qaida chief's compound in Pakistan in the weeks before the raid.

A western official in Pakistan confirmed that five Pakistanis who fed information to the CIA before the May 2 operation were arrested by Pakistan's top intelligence service.

But Pakistani army spokesman Maj.-Gen. Athar Abbas denied an army major was arrested, saying the report was "false and totally baseless." Neither the army nor Pakistan's spy agency would confirm or deny the overall report about the detentions.

The group of detained Pakistanis included the owner of a safe house rented to the CIA to observe bin Laden's compound in Abbottabad, an army town not far from the Pakistani capital of Islamabad, a U.S. official said. The owner was detained along with a "handful" of other Pakistanis, said the official.

The western officials spoke on condition of anonymity regarding sensitive intelligence matters.

THE ASSOCIATED PRESS

Careful what you tell him ...

It's no secret — WikiLeaks is using eBay to offer a lunch date with founder Julian Assange Eight guests will dine at a top London resto

AKIRA SUEMORI/THE ASSOCIATED PRESS

▶ Assange

It may be the ultimate indiscreet lunch.

WikiLeaks is offering eight people the chance to dine with founder Julian Assange as a fundraiser for its secrets-spilling work.

Bidding on eBay started Monday at $568 a head.

The site says guests will dine July 2 at "one of London's finest restaurants" with Assange and Slovenian Marxist philosopher Slavoj Zizek.

Later that day, the pair are due to give a talk about WikiLeaks' impact.

The U.S. is investigating whether WikiLeaks broke the law by releasing thousands of secret government documents.

Assange is on bail in Britain as he fights extradition to Sweden on allegations of sexual misconduct, which he denies.

THE ASSOCIATED PRESS

What is Wiki?

- WikiLeaks calls itself a not-for-profit media organization.
- Its website says its goal is to provide an innovative, secure and anonymous way for sources to leak information.

Kids. Forced to flee

▶ A woman surrounded by children in a Turkish refugee camp shouts during a protest yesterday against Syrian president Bashar Assad. More than 8,000 Syrians, half of them children, have sought refuge in camps in Turkey to escape a military crackdown in Syria.

VADIM GHIRDA/THE ASSOCIATED PRESS

Ordeal of the innocents

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Postal strike down for the count

Labour minister serves notice that she will order posties back to work Bill could be debated Monday

Ottawa is preparing back-to-work legislation for Canada Post, setting the stage for a resumption of mail service as early as next week.

Labour Minister Lisa Raitt told the House yesterday that she was tabling notice of intention to introduce the legislation, meaning the bill could be up for a vote next week.

"The strike is now affecting the Canadian economy and it has an effect on third-party Canadians who are not part of this dispute but are the ones who are suffering," she said.

But the government says it still hopes the striking parties will reach a deal before legislation is needed.

The Canadian Union of Postal Workers has also said it doesn't want to be ordered back to work, and blamed Canada Post for forcing the government's hand Tuesday night by locking out workers and suspending urban service.

THE CANADIAN PRESS

48 hours

- **Under the rules of the** House of Commons, the government must give 48 hours' notice before it can introduce new legislation. Since Parliament will not sit tomorrow, the bill is expected to be debated next week.
- **Canada Post says the** rotating strikes, which began June 3, have cost it about $100 million.

ADRIAN WYLD/THE CANADIAN PRESS

▶ Canada Post's lockout of striking workers was a game-changer, Labour Minister Lisa Raitt says. After a Conservative caucus meeting yesterday on Parliament Hill, she announced the government's intention to introduce back-to-work legislation.

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar
– 66.87 (13,030.95)	– 0.28¢ (102.93¢ US)

Oil	Natural gas 1,000 cu ft
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U.S. must swallow bitter fiscal pill, Flaherty says

ADRIAN WYLD/THE CANADIAN PRESS

It's not often a Canadian politician goes to the U.S. to offer advice, but Finance Minister Jim Flaherty took that diplomatically risky chance yesterday when he told New York business elites the U.S. needs to get its fiscal house in order.

In a blunt talk to the Canadian Association of New York, Flaherty said the U.S. needs a solid plan to eliminate the deficit and reduce debt. There is no time to waste, he said, because the fate of the global economy depends on the decisions being made in Washington.

In his speech, Flaherty specifically named Paul Ryan, the Republican chairman of the House budget committee, who wants to repeal U.S. President Barack Obama's health-care law, put hard caps on domestic spending and limit Medicare.

THE CANADIAN PRESS

No talks as Ottawa moves to end airline strike

Despite the threat of back-to-work legislation, Air Canada and the union representing 3,800 striking employees appeared no closer yesterday to resolving their contract dispute.

There was some dialogue between the two sides, but no formal talks are scheduled, union spokesman Darryl Bink said.

Travellers faced minor delays as striking workers staged protests at airports in Vancouver and Montreal. However, no major disruptions have been reported since customer-service agents and other staff walked off the job Tuesday.

Ottawa has warned it could table a back-to-work bill today, saying the economy is too fragile to withstand a prolonged strike.

Ken Lewenza, president of the Canadian Auto Workers, said he would like to negotiate a settlement with Air Canada before the government forces employees back to work.

"There's one thing about legislation. It doesn't improve the workplace conditions or the morale," he said. "Our members will not be happy with being legislated back to work. They'll be happy with a bargained settlement."

But the issue of employee pensions remains a major stumbling block.

Air Canada spokesman Peter Fitzpatrick said the company also wants to avoid back-to-work legislation. He said there has been "ongoing dialogue" between the parties at a Toronto hotel since the walkout began, focusing on possible resolutions to the pension issue.

THE CANADIAN PRESS

PETER EDWARDS/TORSTAR NEWS SERVICE

▶ Striking Air Canada counter workers try to drum up support yesterday outside Terminal 1 at Pearson International Airport.

Strike force

- **Striking Air Canada staff** received support yesterday from about 200 members of the International Association of Machinists and Aerospace Workers, who stopped working for about 20 minutes at Pearson International Airport to show solidarity.
- **Some striking** Air Canada workers, joined by locked-out postal workers, picketed Labour Minister Lisa Raitt's constituency office in Milton, Ont.

A WEIGHT OFF HIS SHOULDERS

HE SAYS ...

JOHN MAZEROLLE
METRO

How you feel about your weight depends on which way your waistline is headed.

To an impartial observer it's static. But when you look in the mirror, you're judging it against its past — you're either losing weight and on your way to supernatural hunkdom, like the werewolves on Twilight, or you're gaining weight and transforming into a disgusting amorphous creature from Star Trek, like William Shatner.

I had been bound for late-era Captain Kirk but, having lost 15 pounds, am now headed to Werewolf Central. Rowr.

Like most dieters, I needed some symbolism to get me going. I'm betting more people begin losing weight at round numbers like 200 or 250, then at, say, 242. Something about a big, round number makes you feel big and round.

For me, it was 190. That won't get me on The Biggest Loser, but it's all relative. For some men, it takes sinking a paddleboat at a theme park before they decide to get in shape. For some teenage girls, they see the shape of a recently eaten Triscuit poking through their ribs and christen themselves Shamu, Whale of the Schoolyard.

"Avoid yo-yo diets: Though they provide a satisfying crunch, the string gets caught in your teeth. And it can come back on you, if you catch my drift."

In my case, I noticed one morning that my belt had become redundant. I could have painted a belt on my jeans and saved the trouble of putting it on.

As for waistline direction, I had watched myself grow by 70 pounds in 12 years, which means I would have weighed 400 pounds at age 76. I don't have enough friends to carry that casket.

So I decided to try that new diet of eating less and exercising more. And given my small amount of success, I now have the hubris and vanity required to tell you how to avoid becoming a blimp. Oh, the hu-vanity!

Here's how to be a loser like me:

• Skip breakfast: It thinks it's the most important meal of the day and, frankly, I'm sick of its attitude.

• Avoid yo-yo diets: Though they provide a satisfying crunch, the string gets caught in your teeth. And it can come back on you, if you catch my drift.

• Choose empty calories, which are presumably lighter than full ones.

• Pick your poison: Two health studies were released this week. One showed that a low-carb diet will save you from cancer, the other that a high-carb diet will save you from Alzheimer's. The choice is yours!

That's what it takes, readers. Heed the advice of me, the future werewolf, or be doomed to eternal tubbiness.

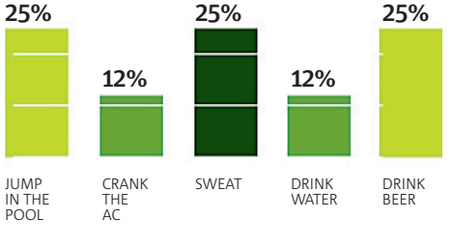
And remember, I haven't gotten a fat head. It's just big-boned.

Read more of John Mazerolle's columns at metronews.ca/hesays

metro life panel

Register at metrolifepanel.ca and take the quick poll

What are you doing to beat the heat?



Local tweets

@TheGreen Men: Presidents and Harts don't matter tonight. It's about the here and now and the 7th man. Let's be loud 2night #Vancouver. This is our house!

@CBCStephenQuinn: All fan zones are full — some pushing at the gates. Skytrain stations are packed. Oh man. I hope this stays happy.

@CityCaucus: Forget Jack Layton's Orange Crush. #Vancouver's #Canucks fans suffering from major case of Blue Crush at the fan zones downtown!

@SChandraHerbert: @keithbaldrey @GlobalBC and for good luck I went by the site of the Denman Arena where the #Vancouver Millionaires won us the Stanley Cup.

@MarjaneA: Please city of #Vancouver, whatever the outcome don't riot. Let's show the world we are fun, respectful, and full of positive energy.

@GraemeMcRanor: Win or lose, I'm predicting a lot of hangovers in this city tomorrow morning. #canucks

@CBCVancouver: That's not thunder, it's the crowds getting louder and louder in downtown #fanzone

Worth mentioning

TORONTO. A new report on tablet usage in Canada suggests consumers have eagerly adopted the expensive devices and sales may double in the next year.

A survey conducted by the Media Technology Monitor, a product of CBC/Radio-Canada and BBM Analytics, suggests about five per cent of the population already has a tablet. The group estimates sales will push tablet ownership to 10 per cent in 2012.

It was just a little more than a year ago that the Apple iPad first hit the market in Canada, introducing mobile tablet computers to consumers.

Now, awareness of tablets is "virtually universal," the report suggests, with more than nine in 10 Canadians having heard of the iPad or another tablet.

Consumers who bought into the early tablet hype are mostly very happy with their purchases, the survey results suggest.

About 88 per cent said they would either definitely or probably recommend a tablet to friends and family based on their experiences.

THE CANADIAN PRESS

Cartoon by Michael de Adder

WEIRD NEWS

Dr. Seuss would be proud

Samuel L. Jackson is narrating the audio book for the profane hit nursery rhyme Go The (Bleep) To Sleep.

The star of such films as Pulp Fiction and Snakes On A Plane is known for his way with a four-letter word. Go The (Bleep) To Sleep is this summer's surprise hit by tired dad Adam Mansbach.

The hardcover book and audio version went on sale Tuesday. Pre-orders have kept the book high on the Amazon.com bestseller list for weeks. Film rights have already been sold. A free download of the book is available through audible.com.

Jackson, 62, was a presenter at Sunday's Tony Awards. He is set to make his Broadway debut this fall as the Rev. Martin Luther King Jr. in The Mountaintop.

THE ASSOCIATED PRESS

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▶ A Closer Walk With Patsy Cline runs until July 30.

Get closer to Patsy Cline

Arts Club presents all the hits from one of the most influential figures of the 20th century

BACKSTAGE PASS

GRAEME MCRANOR
METRO VANCOUVER

She died in a plane crash at 30 but, a half-century later, her music still soars.

Arguably one of the most influential singers of the 20th Century, Patsy Cline has sold millions of albums since her death in 1963.

Hits and covers abound: I Fall to Pieces, Walkin' After Midnight, She's Got You, Sweet Dreams.

And now, the Arts Club presents A Closer Walk With Patsy Cline, starring multitalented local thespian, Sara-Jeanne Hosie.

"[She] embodies the world of Patsy Cline," says Arts Club artistic managing director Bill Millerd. "The rich voice and wry sense of humour that she has brought to many roles at the Arts Club shine brilliantly in this production."

Fittingly, Hosie has also released an album, called In Case You Didn't Know, an 11-track debut featuring Nico Rhodes (piano and sax), James McRae (drums), Marisha Devoin (bass), Marty Shepard (trumpet) and Nathan Tinkham (guitar).

She performs with the band — and real-life fiancé Kevin James – in A Closer Walk.

"I am confident that if people liked what they heard on stage that they will enjoy my CD as I show them personal parts of myself," Hosie said.

A Closer Walk With Patsy Cline begins in previews tonight and will run its show until July 30 only at the Granville Island Stage.

Tickets are going for between $29 to $49, inclusive of taxes and fees. More information at artsclub.com.

Hot concerts

▶ **The Kid is hot.** Kid Cudi performs tonight at Deer Lake Park, with special guest Chip Tha Ripper. Tickets $49.50 at Ticketmaster, Zulu, Red Cat Records, Beatstreet and Highlife.

▶ **De La!** Let me take you back. Way back. All the way to 1987. Now let's look to the future. It's good news for De La Soul fans! The influential Long Island trio is slated to perform at the Commodore Ballroom September 24. Tickets, $35, go on sale tomorrow at Ticketmaster.

Big voices come together

Christina Aguilera and Adam Levine of NBC's talent show The Voice are putting their voices together on a new Maroon 5 single. Aguilera is featured with Levine and his band on the tune Moves Like Jagger, which will be released next week on iTunes.

They'll perform the song on the June 21 episode of The Voice.

The studio version will be available to buy online following the show, NBC announced Tuesday during this week's episode.

The track was recorded last month in Los Angeles, Levine said in a statement, adding that it was "great" getting to work with Aguilera. The song was described as quintessential Maroon 5 power pop, with an upbeat tune.

Levine and Aguilera, along with Cee Lo Green and Blake Shelton, are coaches on "The Voice," which awards the winning singer a record contract and a $100,000 prize.

THE ASSOCIATED PRESS

DAMIAN DOVARGANES/THE ASSOCIATED PRESS

▶ Christina Aguilera and Adam Levine.

2 scene

Turkey visit

Turkey says Angelina Jolie can visit Syrian refugees who have fled violence and are camped out on the Turkish side of the border. Foreign Ministry spokesman Selcuk Unal said yesterday the Hollywood celebrity and goodwill ambassador for the U.N. High Commissioner for Refugees might arrive in Turkey on Friday, but that the date remains uncertain.
At least 8,000 Syrians have fled to Turkey to escape a crackdown on an anti-government uprising.

THE ASSOCIATED PRESS

Oscars shakes up best picture nominee rules, will now allow between 5 and 10 films

Taking truth to a dark place

Junior Boys' disappointment with last CD fuels new disc, It's All True Latest effort now available

HANDOUT/THE CANADIAN PRESS

Junior Boys are Matt Didemus, left, and Jeremy Greenspan.

Last year, Junior Boys lead vocalist Jeremy Greenspan retreated to Shanghai to work on the electronic pop duo's new album thinking that a departure — in every sense of the word — might be just what he needed.

He was still dealing with his disappointment over what he felt was an indifferent response to the Hamilton pair's last record, 2009's Begone Dull Care, as well as some "pretty difficult" things going on in his personal life.

And the aptly titled It's All True, which hits stores this week, finds Greenspan dealing with pretty much all of it — which means it wasn't a particularly easy record to make.

"It was like therapy, you know?" Greenspan, 31, said in a recent phone interview. "I was basically dealing with lots of feelings of getting old and losing touch and being a bit of a failure and life and all that kind of stuff."

"It was a really emotionally exhausting record to make just because it's quite a personal record in a lot of ways. It was kind of more introspective. The record also is kind of technically complex to make, not just from the perspective that it was made in different facets and different places, and just the production of it was more elaborate."

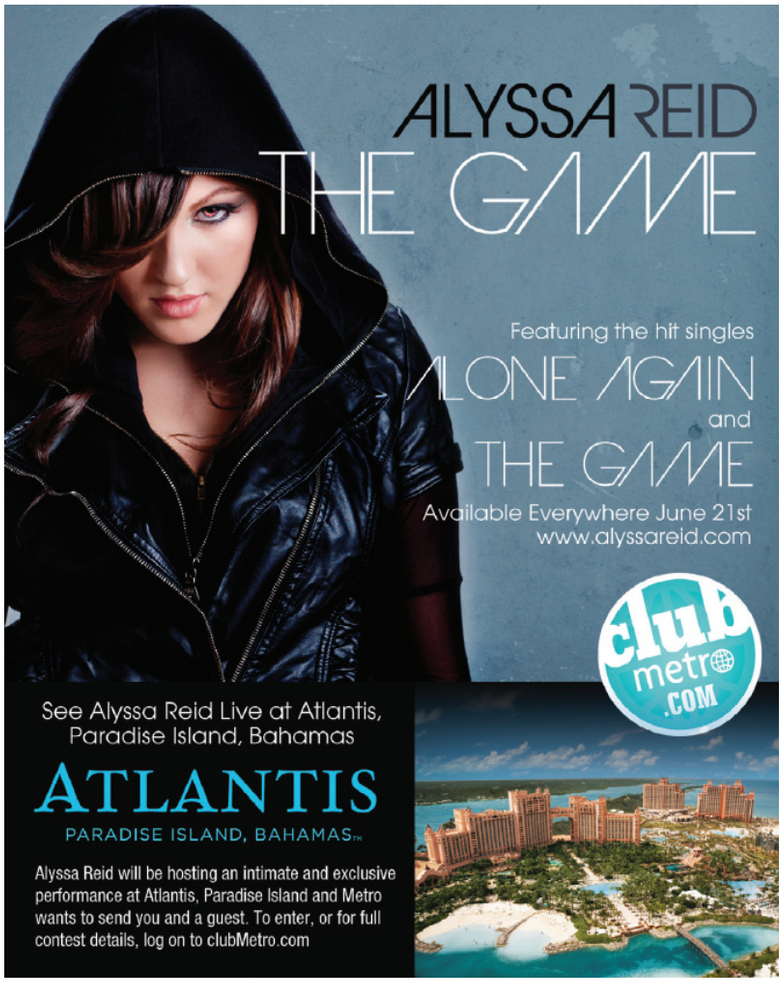
That elaborate process began with Greenspan's Chinese sojourn.

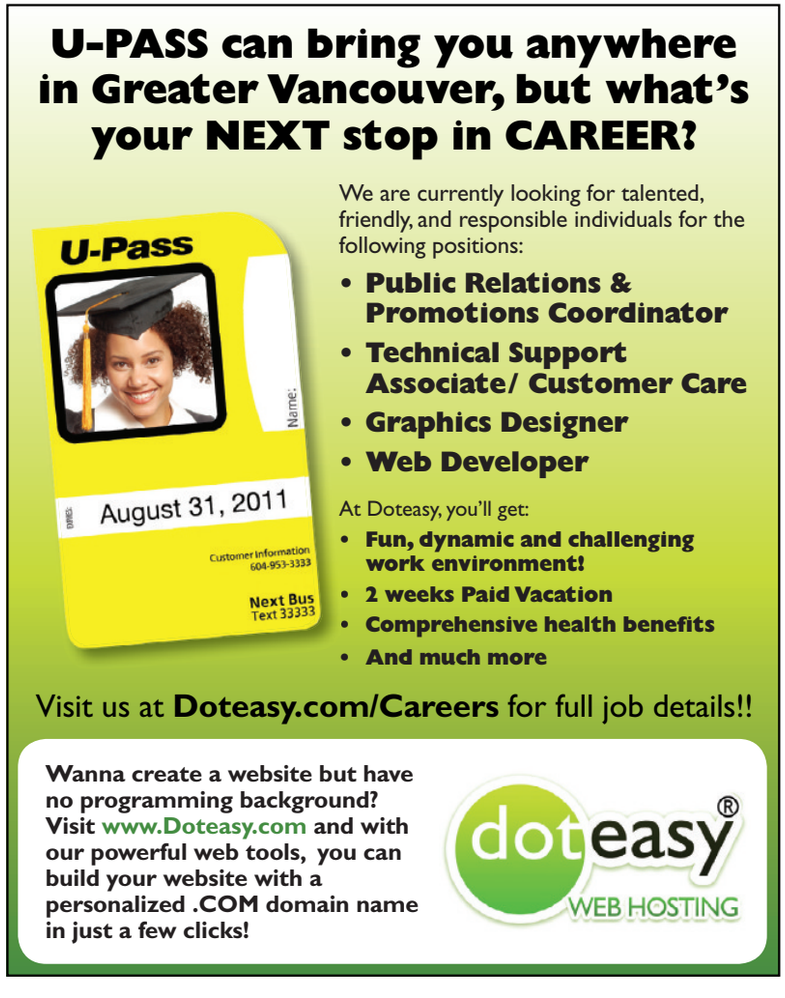
The original impetus for the trip was to visit his sister, who lives there, but he also suspected it would be an interesting place to work. He was there for two months, and recruited local musicians who would be willing to play traditional Chinese instruments on the record.

"They were almost bemused or befuddled that I wanted to record it at all," Greenspan said of working with the local musicians.

"It was a really emotionally exhausting record to make just because it's quite a personal record in a lot of ways. It was kind of more introspective. The record also is kind of technically complex to make."
JEREMY GREENSPAN

THE CANADIAN PRESS





Shania Twain returns to spotlight

Country-pop darling back with the radio-friendly tune, Today Is Your Day ● New full-length album in works

Shania Twain has released her first new song in years, but the inspirational piano ballad Today Is Your Day should sound familiar enough to her legion of fans.

The 45-year-old country-pop superstar's new tune, Today Is Your Day — the first song she's written on her own in six years — hit iTunes after the U.S. finale of her reality TV show Why Not? With Shania Twain.

The single finds Twain purring an ode to resilience and redemption that would have fit right in on one of Twain's earlier smash-hit discs, the latest of which, Up, was released in 2002.

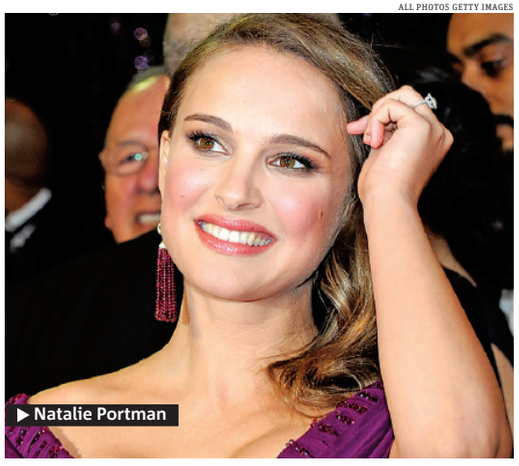
After that, Twain took a break that just seemed to extend on and on. Her career eventually seemed to stall completely, as she recovered from the breakup of her marriage to hit-making producer Robert (Mutt) Lange. But Today is only the latest step in Twain's ongoing comeback. In recent months the notoriously private singer has opened up with a reality TV series and a revealing autobiography, and last week said she would taking a a two-year residency at Caesars Palace in Las Vegas beginning in December 2012.

The new song had already cracked the top 15 on iTunes' singles sales chart by Monday morning. Twain said recently she planned to spend the summer crafting her first new album in nearly a decade, but that she wouldn't rush it. THE CANADIAN PRESS

▶ Singer Shania Twain arrives at the 2011 CMT Music Awards in Nashville, Tenn. on June 8.

ALL PHOTOS GETTY IMAGES

It's a baby boy for Natalie Portman


Natalie Portman

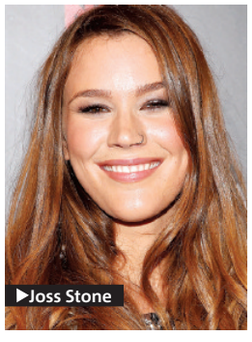
Academy Award winner says she'll be out of public eye for a while

Natalie Portman has given birth to a baby boy, according to People magazine.

The Oscar-winning actress and the baby's father, dancer and choreographer Ben Millepied, met on the set of Black Swan and are engaged to be married. Portman has already confirmed she'll be avoiding the Hollywood spotlight for the time-being. "I'll be out of the public eye after [the baby's born]," Portman told People magazine.

METRO

Arrests over threats to singer Joss Stone


Joss Stone

Joss Stone is likely sleeping more soundly now that police in England have arrested two men who were reportedly planning to rob and murder the soul singer, according to OK! Magazine.

A spokesperson for the Devon and Cornwall Police says officers responded to a call about a "a suspicious-looking vehicle" and arrested the two men, who were carrying swords, rope and a body bag.

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Celebrity tweets

"You don't change, you just become more like yourself..."
@jeremypiven

"I wanted to name my son Kofax or Clemente."
@Alyssa_Milano

"Traveling with an infant is the most complicated carry-on baggage ever created! Is there a phd for all the gear?"
@TheRealAliL

Richards: There were some good times

Denise Richards

Denise Richards has penned a memoir about her marriage to Charlie Sheen, but "it's not a tell-all," she insists to Radar Online.

"I get into the good stuff about my marriage, because people have only read the rotten stuff. So, you know, there was a beautiful love story between he and I and then it went the way it went."

Of course, the beautiful love story didn't have the happiest of endings, which Richards says she'll also address.

"I think a lot of women can relate to that, going through a divorce and custody and being a single parent, trying to work and all that stuff."

The book is due out July 27.

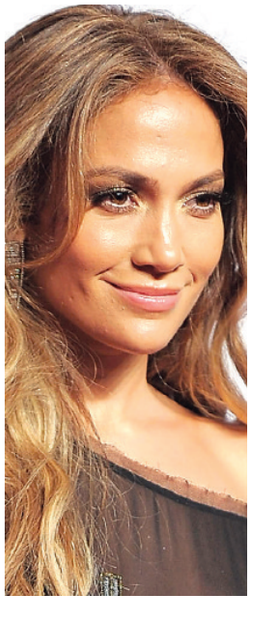
METRO

Justin likes to mellow out

Justin Timberlake

Justin Timberlake has revealed one of his preferred relaxation techniques: smoking marijuana. "The only thing pot does for me is it gets me to stop thinking," Timberlake tells Playboy. "Sometimes I have a brain that needs to be turned off. Some people are just better high." And after working his way from a teen sensation to a successful grown-up musician and now a film star, the chronic overachiever admits he needs a little help to stop and smell the roses. "I feel I'm just getting to a point in my life where I'm looking around, going, there's a lot to enjoy if I can just sit still, actually stop and take more time," he says.

METRO



Lopez may not return to Idol

Despite a successful season as a judge on American Idol, Jennifer Lopez isn't sure if she'll be back next year.

"I don't know. I haven't been forced to make a decision and I'm glad about that because honestly I'm very on the fence about it," she tells BBC Radio.

"I had an amazing time doing it and I love it but I have a lot of other things happening, and it's going to come down to me making a choice of what I want to do for the next year."

METRO

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THURSDAY, JUNE 16, 2011

FATHER'S DAY

PHOTODISC/THINKSTOCK

Grill up a storm for the master of your house

Whether he's in the mood to feast like a king or grill like a master, Metro has some great recipes for happy bellies

JON TATTRIE
FOR METRO

Nothing says Happy Father's Day like a barbecue, so Metro consulted one of Canada's leading grillers about how to cook the perfect meat for your man this Sunday.

Ted Reader is the sultan of sizzle, the gourmet of the grill and the man GQ magazine dubbed the Crazy Canuck Barbecue Kingpin. A new father himself, he'll be breaking out one of his 100 barbecues to cook up a meal for his family, including his father-in-law.

And that's his first piece of advice: let your man loose. "Dad may just want to grill his own, so help dad create that menu for father's day," he says. "We know dad's going to want be master of his grill."

Helpers can hit the shops for meat and potatoes, and to mix up a big salad. Reader is cooking a 75-day dry-aged tomahawk rib chop. "I'm the one that's grilling that, because I want my steak my way," he says.

If your father would prefer to be fed, Reader has advice for greenhorn grillers. It is a family day, so invite your loved ones, keep the menu simple and fun and supply lots of cold drinks.

Go for something like burgers or chicken. For burgers, make them fresh and keep them in the fridge for an hour after you assemble them so they firm up. Heat up the barbecue and grill them lid-open, medium heat. "Nice and easy does it. Don't push them, don't squish them," Reader advises.

Two of his recommended recipes are his Better Butter Burger and the Beerlicious Beer Butt Chicken, available at tedreader.com.

When you feel the urge to poke it or cut it open to peek inside, instead take a sip of your beer or chocolate milk. "Patience is everything," he says. "The less you do, the better it is."

Top them as dad loves — for Reader, that means peanut butter, Miracle Whip, onions and a side of stinky cheese. Father's Day is not a time to be judgmental.

As soon as you're done, clean the grill. Grease comes off easier when it's hot and your father won't relax if he knows it's solidifying for him to scrape off next time he's cooking.

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At a loss for what to do with the boss?

Check out Metro's suggestions for how to tailor-make his day ◐ Base your plans on what he'd love to do

CREATAS/THINKSTOCK

▶ Dad may just want to kick back and relax with a movie.

ASTRID VAN DEN BROEK
FOR METRO

Looking for something extra special to do with dad for Father's Day? If so, how can you decide what to do?

"Think about the kind of father you're celebrating," suggests Ann Douglas, author of The Mother of All books series.

"Is he the kind of guy who would want a big get-together with all generations of his family gathered around the dining room table? Or would he prefer sharing a meal at a busy restaurant? Or would he like a quieter kind of day?"

If you're looking for some fresh ideas, here are 10 unique ways to celebrate dad this year.

10 ways to make his day:

1 Call on his inner Julia Child. Instead of taking him out for brunch or dinner, why not try cooking a special meal with your favourite foodie at home? Either dad can sit back and relax, or you shop and cook up a special penne a la vodka together.

2 Make a picnic ... of all his favourite foods to surprise him with. Then, take the kids for a walk while dad snoozes off the fried chicken.

3 Watch a movie. A big bucket of popcorn, a large drink and a summer blockbuster can bring a smile to your cinephile's face.

4 Get him a massage. Aren't most dads' backs sore from all the kid-carrying? Send him to the spa for an hour-long massage to ease his muscles.

5 Give the gift of time. Hand him a six pack of his favourite micro-brew, an Adirondack or easy chair to sit in and a book or TV remote. (Depending on what he prefers to do!) Then, make yourself and the kids scarce.

6 Present a plan. How about a day of golfing you've arranged for him and his friends, a day of fishing or lunch and afternoon tickets to the baseball game?

7 Take him out. Does dad like to take in events? Look into local festivals, car shows, rib fests or quieter options such as museums and galleries to find one that suits his taste.

8 Find his running shoes. Is dad a newbie runner? If so, pull on your runners and head out with him for a lovely spring run.

9 Get dad out to nature. Nature can be calming so if your dad loves all things green, plan a hike together along a new-to-him trail.

10 Sleep, sleep, sleep. Not only do you let dad sleep in, but you also clear the kids and yourself out so he can zonk on the couch in the afternoon.

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▶ Model Joan Smalls expertly nailing summer skin care rule number 3.

▶ Heat, humidity, air conditioning, car exhaust fumes, and overall pollution don't exactly mix well with lip gloss, bronzer, blush and self-tanner ▶ Mary Schook, a facialist and make-up artist in New York, gives advice on how to avoid common summer beauty pitfalls

1

DON'T WEAR MAKE-UP OVER YOUR SUNBLOCK

"The whole point is for the sunscreen to block all of the sun's rays," says Schook, a skincare guru who is the woman beauty editors and models go to for clear, glowing skin. "It should definitely be the last thing you put on your eyes and technically, it should be the last thing to go on your face so that the zinc and titanium can refract the sunlight," she explains. "But use your judgment with the face make-up and if you do wear foundation with built-in sunscreen, be sure to reapply it every two hours."

2

CLEAN YOUR FACE MID-DAY IF YOU HAVE TO

"Too many women reapply their make-up throughout the day when it's honestly better to just wipe all of the make-up and oil off with a little Witch hazel and start over," she says. "The Witch hazel works because it rebalances the ph balance in your skin, which protects and prevents it from getting too oily. If you just pile the make-up on, you'll breakout later."

3

KEEP YOUR HAIR OUT OF YOUR FACE

Those bangs might look great in the salon, but they could potentially wreak havoc on your forehead later. "Hair products with silicone in them can irritate the face and block pores, which is why it's so important not to wear your hair in your face during summer," she explains. "So when the weather heats up, you not only need to think about changing up your skin-care regimen, but your hair care products too."

KENYA HUNT
METRO WORLD NEWS

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▶ Whip this travel-friendly tube out throughout the day for the season's requisite sunblock touch-ups. **$65; lapraire.com**

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• Smashbox O-Gloss Noir Intuitive Lip Gloss takes its colour cue from you. $26, smashboxcanada.com
• Fresh Sugar Plum Tinted Lip Treatment SPF 15. $25, sephora.com

Brighten Up!

Crest and Oral-B have teamed up to introduce a whitening system that can brighten teeth in just one day. The 3D White collection includes whitening strips, toothpaste, a rinse and a vibrating toothbrush. Items sold separately, 3Dwhite.com.

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3 life

Trend of the week

FANCY HATS

Kate Middleton kept the fancy headpieces coming during a string of royal gatherings last week.

Canadian designer Nada Shepherd suspends operations of NADA label.

Super cool runnings

With so many running shoes on the market, picking the right pair can be a game of Roulette Get to grips with the science behind the soles

RICHARD PECKETT
WWW.METRO.LU
METRO WORLD NEWS IN LONDON

Modern running shoes are now packed with enough research, stats and techy know-how to cater to your foot's every curve and contour. Here are some of the slickest shoes on the market.

Nike LunarGlide +3
$100, nikestore.com (available July 1)
LunarGlide sounds pretty damn space-agey and the technology behind the shoe is pretty out there too. Its Dynamic Support system, marries super-soft Lunarion core foam and firmer carrier foam to give you the feel of running on air.

Asics GT2160
$100, asics.com
This is the perfect option for over-pronators (when the foot rolls inward to an excessive degree), thanks to the built-in guidance lines – think of them as pathfinders for your feet.

adiSTAR Salvation
$140, adidas.com
Are you one for burning some serious rubber? If so, try out the Continental rubber tread on the Adidas Salvation. Yes, they're the makers of heavy-duty, car tyres, so they should know a thing or two about stopping a wet weather foot spin.

adiSTAR Salvation

Nike LunarGlide

Asics GT2160

Shoe savvy

To find out what was behind all the footwear techno babble, I visited the team over at ASICS to have my feet put through their paces.

First up: the foot scan to discover the ins and outs of your tootsies like foot length, arch height and heel angle. Yes, that means exposing your bare feet but no one's judging – my feet are the type you'd see on a 'before treatment' poster at the chiropodist. Following the scan, you'll be slipped into the first test shoe and put to work for 30 seconds on the treadmill for a gait analysis. From here, the expert analyses your level of pronation (the foot's natural roll).

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One shoe, two shoe, brown shoe?

Lock away those squeaky, black wingtips Brown shoes are the fad

A trendier, more casual brown shoe might be becoming the standard in men's footwear, as men – even those wearing suits – look to replace their black wingtips.

The shift is being fuelled by changes in fashion, the economy and lifestyle, says Paul Grangaard, CEO of Allen Edmonds. Men, most of whom are not serial shoppers, put a high priority on function, he says, so if a shoe can be worn with both grey flannel trousers and jeans, that's the one they want. (And, yes, it is OK to wear brown with grey and even with black, say the experts.)

Shoe designer Alejandro Ingelmo says he wears the same brown lace-up brogues with their perforated decoration almost every day, switching up into sneakers for running and a dress-casual boot for winter and weekends. He's experimenting with lighter sand shades for men, and he'd also like to see a shift from the very square toe to a rounder shape.

It took years, though, for the collective eye to transition from black to brown, so any other changes might take some time to catch on.

"With a lot of men, probably most men, when they hear about a trend change, they get nervous," says David Lawrence, director of merchandise for the national retailer Men's Wearhouse.

"They need to see something an awful lot before they feel that they want to wear it. Most men don't want to feel like they are on the cutting edge."

Brown has probably been in their closets for years, it just wasn't the go-to colour, but it's not jarring, Lawrence says. It is an earth tone, after all.

THE ASSOCIATED PRESS

Choosing a couch colour

Be on trend but play it neutral when choosing a sofa **Consider your lifestyle and the room it lives in**

DESIGN CENTRE

KARL LOHNES
HOME@METRONEWS.CA

Q: Hi Karl, I have an open concept living and dining room space. My floors are dark brown and the walls are medium grey. What colours I should consider when buying the living room couch and chairs. Any recommendations?
-Michael, Etobicoke, Ont.

Invest in quality

A: The first thing to choose is the largest piece of furniture, which is the sofa. It's also the largest investment so make sure you shop around and choose the best quality you can afford. Your sofa should last at least five to 10 years so the style, fabric and quality should be the best you can afford.

Think lifestyle

Choose a style of sofa that suits your lifestyle and the space you are putting it in. Will you be watching television on this sofa? If so, you will want a sofa with deep seats and soft, comfortable cushions. If you are using your living room for cocktail entertaining, then a firmer seat cushion and well supported back will be important.

Don't be afraid to mix it up

COURTESY: URBAN BARN

▶ A mid-century styled sofa with low back and modern tufting adds a sophisticated look for a great price. Cedric Sofa, $999, Urban Barn.

Usually, in an open concept space you want to use a variety of furniture heights; if all the chairs and sofa are the same height it will add a boring look to the living area. I suggest a lower back sofa and two taller-backed chairs in the living area.

Size matters

Consider the right sized sofa for the room. Here's the rule of thumb: the sofa's length should be 2/3 of the room's width. For instance, if the room is 10-feet wide, then a sofa 65 to 75 inches long will fit most comfortably. Chairs that blend with the sofa's style but do not match will work best. This will help give the room an eclectic look instead of a matchy set that you pulled from a department store window.

Furniture advice

I suggest keeping the styles of furniture modern/retro as it is a look in contemporary furnishings that will be around for a while. It also gives you the opportunity to add some authentic mid century modern cabinets or tables to the room.

Got a decor question for Karl? Each month Karl will answer a decor question in his Design Centre column. Email your question (keep it to one specific question please) along with a digital picture, your name and hometown to home@metronews.ca. Karl regrettably cannot respond to all questions emailed.

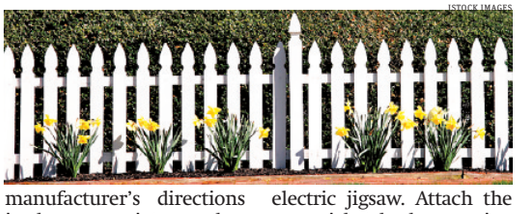
Karl's tips

- **Styles** Keep overall styles clean lined and modern.
- **Tones** Match fabric and wood tones to what is already in the room; browns and greys which are both great neutrals.
- **Accessorize** Add colours to the room through art, area rugs and pillows.
- **Complement** Dark purple tones would be on trend and complement the deep brown and grey colours.

Pretty picket fences

A picket fence adds instant charm to entranceways

DIY IDEAS


ISTOCK IMAGES

Follow the steps below to give your picket fence some DIY TLC. Nicole Curtis hosts Rehab Addict (airing Wednesdays at 10 p.m. ET on DIY Network Canada), returning historic houses to their former glory.

Spruce it up

You should power wash a picket fence every year, and paint or stain it every other year. Use a hose or pressure washer to wash it. Then fill a bucket with soap and water and wash each picket to eliminate grime. If you are re-painting, use gloves, a safety mask and glasses to remove old paint with sandpaper, paint remover and a putty knife. Rinse the fence again with a hose or washer. Let it dry, then paint according to the manufacturer's directions in the appropriate weather (ensure rain is not forecasted or humidity too high for the paint to dry).

Replacing pickets

Replacing pickets is a simple task for fences that have fallen into disrepair. Remove the old picket by hammering in the opposite direction of the nails, using a crow bar to finish. If you don't have a pre-made picket on hand, simply place the old one on a piece of wood that is the same thickness and width to trace the outline, and then cut the new picket with an electric jigsaw. Attach the new picket by hammering two galvanized nails into each rail. Finish by staining or painting to match.

Other tips

To keep your fence in top shape, avoid soil build-up around the bottom by raking regularly to prevent wood from rotting and water damage. Watch for loose nails in your fence; they are a safety concern for kids and animals. If one is found, simply hammer it back in or remove and replace it.

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HUNGERFORD group

A cheesy take on steak strips

NEWS CANADA

▶ Combining tomatoes and crumbled blue cheese offers a new take on steak.

▶ A tomato and blue cheese vinaigrette gives this meat dish a unique flavour ▶ Recipe is speedy to make

Preparation:

1. Prepare the grill for direct cooking over high heat (450° to 550°F).
2. Lightly brush the steaks on both sides with oil and season evenly with salt and pepper. Allow the steaks to stand at room temperature for 15 to 30 minutes before grilling.
3. In a medium bowl whisk the shallot, vinegar, mustard, ¼ teaspoon salt, and ¼ teaspoon pepper. Slowly whisk in 2 tablespoons of oil, forming a smooth vinaigrette. Add the tomatoes and basil. Mix well.
4. Brush the cooking grates clean. Grill the steaks over direct high heat, with the lid closed as much as possible, until cooked to your desired doneness, 6 to 8 minutes for medium rare, turning once or twice (if flare–ups occur, move the steaks temporarily over indirect heat). Remove from the grill and let rest for 3 to 5 minutes. Add the cheese to the vinaigrette. Mix gently. Serve the steaks warm with the vinaigrette spooned over the top.

NEWS CANADA/ WEBER-STEPHEN PRODUCTS LLC. RECIPE FROM WEBER'S TIME TO GRILL BY JAMIE PURVIANCE

Ingredients:

Steaks
- 4 New York strip steaks, each 10 to 12 ounces and about 1 inch thick, trimmed of excess fat
- Extra–virgin olive oil
- Kosher salt
- Freshly ground black pepper

Vinaigrette
- 1 tablespoon minced shallot
- 2 teaspoons red wine vinegar
- 1 teaspoon Dijon mustard
- 2 cups (about 20) cherry tomatoes, each cut into quarters
- 1/4 cup finely chopped fresh basil leaves
- 2 ounces crumbled Gorgonzola cheese (½ cup)

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HARRY HOW/GETTY IMAGES

A dream denied

▶ Daniel Sedin takes a shot against Boston last night.

Tim Thomas was too good, and the Vancouver Canucks' Swedish twins weren't good enough.

Henrik and Daniel Sedin could only grasp for answers for their lack of offensive punch last night after the Boston Bruins bested the Canucks 4-0 in Game 7 of the Stanley Cup final.

"We came out extremely hard in the first (period) and had a lot of chances to score goals, but again we couldn't beat Thomas," Henrik said of the Bruins goaltender who added the Conn Smythe trophy to his cup victory.

Thomas smothered his good close-in chance early in the first period.

"As a team you get momentum when you see the other team can't score," Henrik said.

Both Canucks players entered the playoffs with sterling credentials.

Henrik won the Hart Trophy as MVP and the Art Ross Trophy for the scoring championship last year and was fourth in scoring this season.

Daniel completed the brother act with the scoring title this season and is a Hart nominee.

They led the Canucks through three rounds of the playoffs, but their scoring touch dried up against the Bruins.

Daniel had a goal and three assists in the seven-game series while Henrik had only a goal. They were on the ice for all four Bruins goals in the final game.

They are the first option on the Canucks power play, which went 2-for-33 in the series and gave up three short-handed goals.

"It's our line's job to score and we didn't do that," said Daniel.

"Thomas obviously played great but we had to find ways to score, and we came up short today and in a lot of the games too.

"It's disappointing obviously. We take a huge part of the blame here. It's tough."

It was the second time in franchise history that the Canucks took a Stanley Cup final to the ultimate game and lost.

This was the first Game 7 on home ice and the only time Vancouver trailed in a series this post-season.

Vancouver entered the game with six straight home-ice wins. But they became only the third team in Stanley Cup final history to lose a best-of-seven series after winning the first two games at home.

The Bruins, who won their sixth cup and first since 1972, played a seventh game in a final for the first time in club history. They also won a record three Game 7s this post-season.

The Canucks, who suffered a bitter end to their promising 40th anniversary season, lost 3-2 to the New York Rangers in a 1994 seventh game and were swept in 1982 by the New York Islanders.

This time they entered the post-season as cup favourites after leading the NHL in points, goals, preventing goals and power-play percentage.

"I think anybody in our situation right now would feel real disappointed, whether you're the favourite or not," said coach Alain Vigneault.

"We battled real hard. I know we gave it our best shot, but in this one game, they were the better team. It's that simple."

Ryan Kesler, who matched Daniel Sedin's 41 regular-season goals but garnered only an assist against the Bruins, took the defeat especially hard.

"I really thought we were going to win," said the red-eyed Kesler, his playoff beard already shaven. "I can't put it into words right now."

THE CANADIAN PRESS

Players tweet

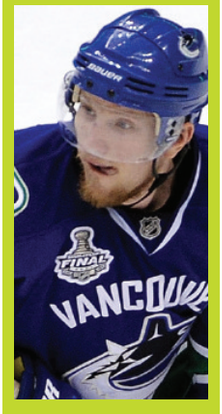
Season-long rivalries were set aside by NHL players who took to Twitter to congratulate the Stanley Cup-champion Boston Bruins.

- **Michael Del Zotto:** Congrats to the canucks and bruins. Hard fought series and year. Hats off to every player!
- **Blake Geoffrion:** Congrats to Boston. What a series and what a year for them. Tim Thomas is the man.
- **Taylor Hall** tweeted the Toronto Blue Jays game against the Baltimore Orioles was a "real nail biter" before adding, "I'm kidding obviously. The game gives me chills. When does camp start!?"
- **Bobby Ryan** gave some props to Bruins players David Krejci and Rich Peverley ("I honestly also never knew how skilled krejci or peverley were")

THE CANADIAN PRESS

4 sports

Quoted



"Our power play wasn't good enough all series long. That goal today, I skated back. I just had one hand on my stick. (Bergeron) fell forward, crashed into Roberto. The puck went in after us."

VANCOUVER DEFENCEMAN CHRISTIAN EHRHOFF

Scan code for more sports news.

Twitter timeline

A selection of tweets showing fans' reactions to last night's game

First period

5:16 P.M. @STEVENASH :
Nerves. Excitement. Longing. Pride. It feels like the night I entered manhood....@VanCanucks

5:20 P.M. @CHEDDAR_HARPER:
Don't worry, @pmoharper has legislated that the #Canucks must win tonight. #WhyIsAlecBaldwinSingingTheAnthem?

5:22 P.M. @JEFFERYSIMPSON:
We're not behind by four goals yet. Good job team! #game7 #gocanucks

Boston's Patrice Bergeron scores at 14:37.

5:43 P.M. @KINGDOMOFEVAN:
Oh. #canucks

6:08 P.M. @BENWEST:
"It's only a matter of time until #DonCherry & @ladygaga end up wearing the same outfit" #Canucks @1955Design @allforattention @notanumber

Second period

6:16 P.M. @ SNOTFORPROFIT:
SHATNER SIGHTING. We can't lose now. The Shat won't allow it. #canucks

6:41 P.M. @DFLTR:
As much as I want the Canucks to win, a team without a top line isn't going to get the cup. Either the Sedins score or it's done.

Boston's Brad Marchand scores at 12:13.

6:50 P.M. @GRAHAMFLETCHER:
Tough goal against... Canucks down 3-0 ....glad I'm not downtown right now!! #VancouverCanucks

Bergeron scores at 17:35.

6:51 P.M. @EDLEE:
Not looking good for the canucks. Need to score this period. Thomas doesn't look likes he's going to let anything in though.

Third period

6:56 P.M. @TARYNONEILL:
Time for a miracle. They can happen. I Believe. <3 my #Canucks #bringithome

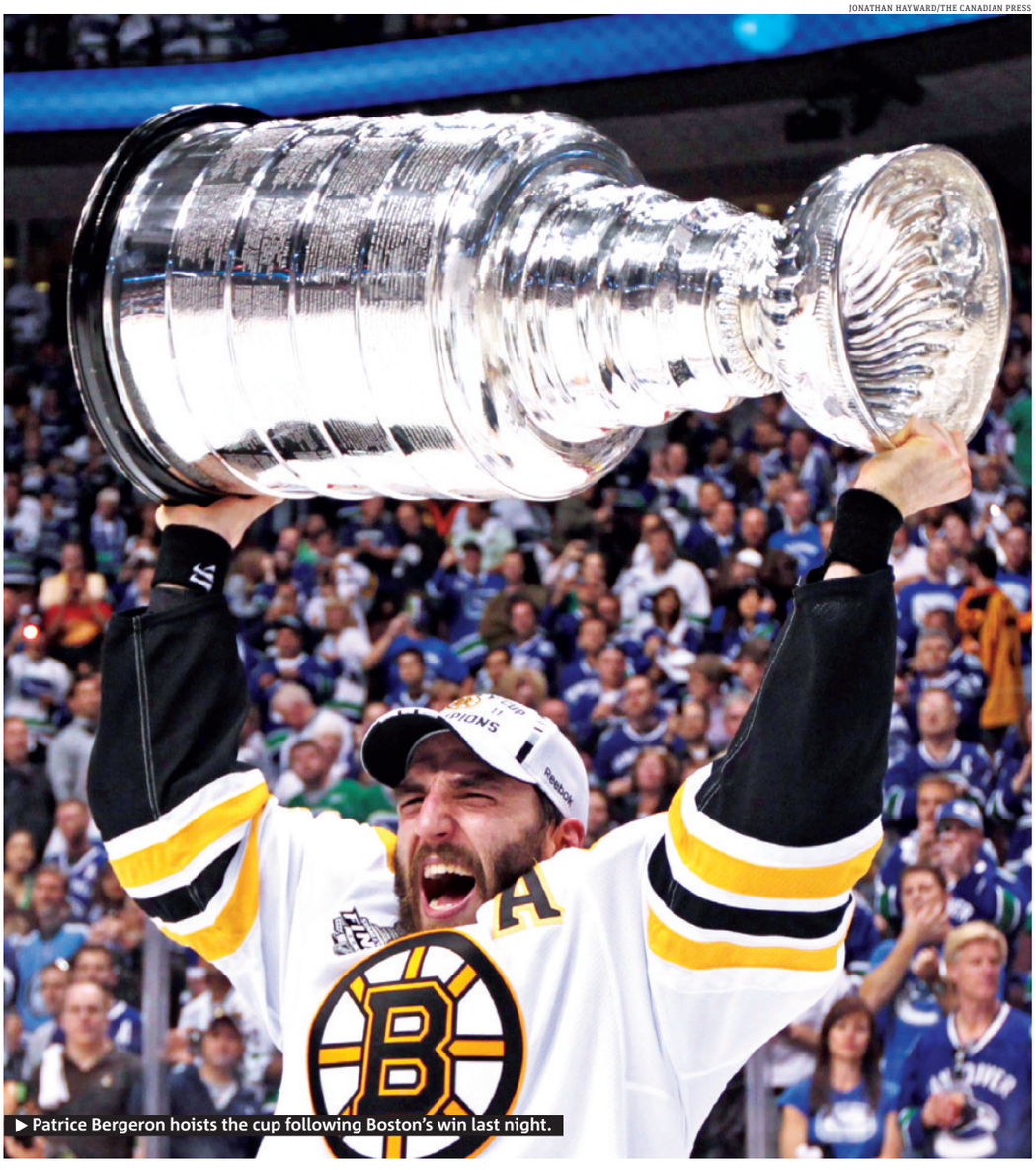
7:21 P.M. @MC79HOCKEY:
I believe we're getting close to the moment where they begin to show teary eyed Canucks fans. I demand they include Hughson.

7:36 P.M. @NUCKFUGGETS:
It's ok Canucks... we still have the 4th quarter.

7:39 P.M. @MOZY19:
#Canucks have 8 goals in this 7 game series. Can't expect Luongo to pitch a shutout every game. Can't win a series on 8 goals.

Marchand scores at 17:16.

JONATHAN HAYWARD/THE CANADIAN PRESS



▶ Patrice Bergeron hoists the cup following Boston's win last night.

'It's unbelievable'

Bergeron sparks Boston's offence as team wins first cup since 1972

BRUINS	CANUCKS
4	0

Even after he had hoisted the Stanley Cup over his head, Patrice Bergeron couldn't believe what had happened.

Bergeron scored two goals, one of them short handed, while goaltender Tim Thomas made 37 stops for the shutout as the Boston Bruins defeated the Vancouver Canucks 4-0 to win the Stanley Cup in a tension-filled Game 7 last night.

"It's unbelievable," said Bergeron as his teammates celebrated with friends and family on the ice at Rogers Arena. "Words are hard to describe right now the feeling we are having.

"It's tough to soak everything in. We've worked so hard. We believed in us, that we could do it and we got the job done."

Rookie Brad Marchand scored twice, once into an empty net, and had an assist as the Bruins won their sixth Stanley Cup and the first since 1972. Defenceman Dennis Seidenberg had two assists.

Bergeron's short-handed goal in the second period was the dagger in the Canucks' heart. It made the score 3-0 and subdued a sold-out crowd of 18,860 at Rogers Arena.

Sent in on a breakaway, Bergeron was hauled down by Vancouver defenceman Christian Ehrhoff. They collided with Canucks goaltender Roberto Luongo and the puck slid into the net.

Luongo raised his arms in frustration but the referee quickly signalled a goal. The call was backed up by a video review.

Vancouver outshot Boston 37-21.

At the final whistle, Bruins players streamed off the bench to mob Thomas while the Canucks watched with their heads hung.

"I knew I would be ready for this series," said veteran Mark Recchi, who hinted after the game he would retire. "We have worked so damn hard to get this.

"It's an incredible feeling." THE CANADIAN PRESS

Thomas rewarded for brilliant playoffs

Boston goalie is second American-born player to win playoff MVP after Brian Leetch in 1994 Bobby Orr only other Bruin to win Conn Smythe

Tim Thomas is bringing the Stanley Cup back to his blue-collar hometown of Flint, Mich. And he'll have the Conn Smythe Trophy in tow, too.

The 37-year-old became the oldest player to be named playoff MVP after allowing just eight goals over his final eight games, seven of which came in the pressure-packed Stanley Cup final against the Vancouver Canucks.

Thomas capped that run with another masterful performance, making 37 saves last night for his fourth shutout of the playoffs as the Boston Bruins were crowned champions after winning 4-0 in Game 7 at Rogers Arena.

"I know everyone expected him to have an average game at some point. Never came."
BRUINS COACH CLAUDE JULIEN ON TIM THOMAS

"It's quite an honour," Thomas said as he sat with the trophy in his post-game press conference. "I just sat down here and started to read some of the names on it. It's an honour to be mentioned (along) Patrick Roy, Ron Hextall, Ken Dryden. Those are the three goalies I can see just on this side facing me. It's amazing."

With his aggressive style, Thomas helped shut down Vancouver's potent offence and made high-scoring twins Henrik and Daniel Sedin a non-factor. He had a 1.15 goals-against average, a .967 save percentage and two shutouts in the final seven games.

"It still hasn't kicked in, if I'm completely honest," Thomas said. "I can't believe it's over. We've had our battle metre up so high for so long, it feels like we're moving on to the next series or something."

Thomas set records for most saves in a Stanley Cup final (238) and in a single post-season (798).

"Tim Thomas, in these playoffs, just totally dominated," Bruins coach Claude Julien said. "He was on top of his game from start to finish, especially in this final round."

Thomas travelled a long road to the NHL that took him through Birmingham, Helsinki, Hamilton and a number of other places — making him arguably the least likely man to capture the Conn Smythe. He made just four NHL appearances before his 30th birthday and they were sandwiched between separate stints in Finland. **THE CANADIAN PRESS**

RICH LAM/GETTY IMAGES

▶ Tim Thomas of the Bruins talks to the media after being awarded the Conn Smythe Trophy last night.

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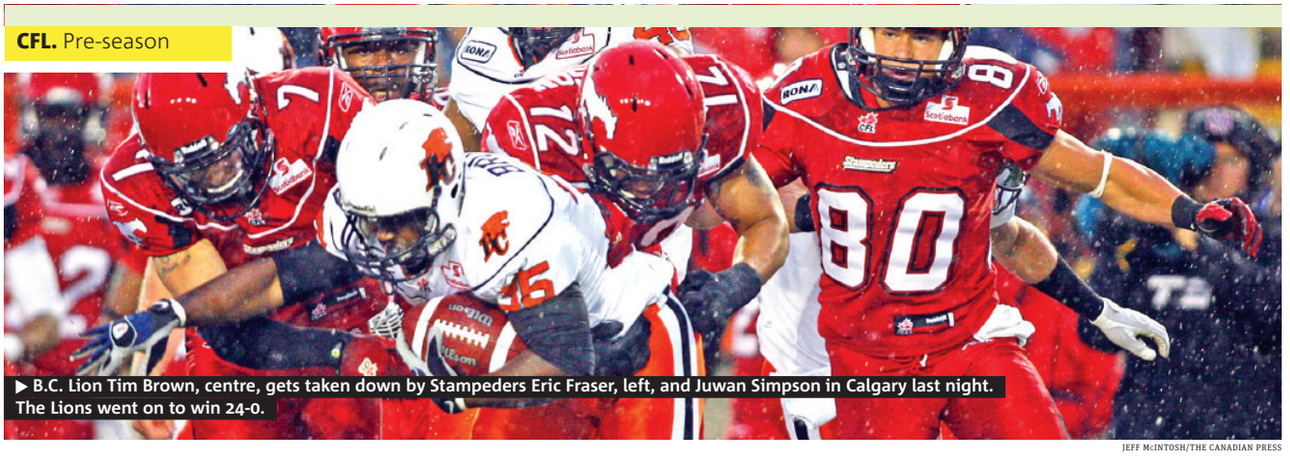
CFL. Pre-season



▶ B.C. Lion Tim Brown, centre, gets taken down by Stampeders Eric Fraser, left, and Juwan Simpson in Calgary last night. The Lions went on to win 24-0.

JEFF McINTOSH/THE CANADIAN PRESS

Raonic no longer in spotlight

Media frenzy diminished by modest record in April and May

The weight of expectation on Milos Raonic has diminished after his sensational start to the 2011 tennis season, and that may be good news for the hard-serving 20-year-old.

A fourth-round showing at the Australian Open in January, followed by an ATP title in San Jose, Calif., and a thrilling loss to Andy Roddick in the Memphis final propelled Raonic to instant fame in Canada. His world ranking jumped to No. 37 from 152 over a four-week period, and within another two and a half months, he was sitting at No. 25.

But a modest 7-6 record at European clay-court events in April and May has seen the media frenzy calm to a point where his quarter-final performance last week at the pre-Wimbledon grass-court event in Germany went largely unnoticed.

Playing in his first professional grass-court event in Halle, Germany, Raonic won two rounds convincingly before falling 6-3, 6-7(6), 6-3 to Philipp Petzschner.

The crafty German led eventual champion Rafael Nadal two sets to one at Wimbledon last summer before losing 6-4, 4-6, 6-7 (5), 6-2, 6-3. Petzschner then combined with Jurgen Melzer of Austria to win the doubles at Wimbledon.

"He has a great chance to reach the quarters or even the semis with his style."
DANIEL NESTOR, TENNIS PRO

"I'm very happy I'm playing so well on something, grass, that's a completely new experience for me, especially at this level," Raonic said last week. "It gives me a lot of confidence."

Doubles also figured in Raonic's preparation for next week's Wimbledon as he and Robin Haase of the Netherlands reached the Halle final, giving the Canadian four more matches of precious grass-court experience.

Following his first-round loss to unheralded German veteran Michael Berrer at the French Open, Raonic appeared jaded and spoke about being a rookie and still having a lot to learn about working out a tournament schedule that would keep him fresh and fit.

With his early exit at Roland Garros, and just the Halle tournament on grass, Raonic enters Wimbledon well rested.

THE CANADIAN PRESS

BASEBALL

Mauer set to return to Twins

Joe Mauer's return to the Minnesota lineup has been set for tomorrow.

Mauer finished his minor league rehabilitation assignment by facing teammate Joe Nathan in a live batting-practice session in Florida yesterday. He hasn't played for the Twins since April 12, plagued by weakness and soreness in his legs and throwing shoulder.

Manager Ron Gardenhire said before yesterday's game against the Chicago White Sox in Minnesota that Mauer will travel today and start at catcher tomorrow against the San Diego Padres.

"It was a lot longer than I had hoped," Mauer said after his workout. "But I got my work in, and I worked with a lot of great people down here. It was nice, but obviously I want to be up there in Minnesota and be up there playing. I feel like I'm ready to get out of here."

Mauer has played in only nine games this year because of his injuries, hitting just .235 with four RBIs in the first season of a $184-million US, eight-year contract extension. He had arthroscopic knee surgery in December and said last month that his body wasn't ready when the season started.

Nathan said Mauer looked sharp.

"I threw him some pretty good breaking balls," Nathan said. "It's really just impressive to see the pitches he can take when he's down 1-2 in the count. I threw him a couple of sliders. He put a good swing on them. It's nice to see him find his swing again and start to feel good again."

Nathan pitched to Mauer and Twins prospect Miguel Sano at the team's spring training headquarters. Nathan has been on the disabled list since May 23 with soreness in his right forearm, a condition related to his recovery from Tommy John surgery last year. He struggled at the beginning of the season with a 7.63 earned-run average in 17 appearances.

THE ASSOCIATED PRESS

Serena gets break in seeding

Defending champion Serena Williams was bumped up to No. 7 in the Wimbledon seedings — 19 places above her world ranking — yesterday, a position that will allow her to avoid playing the highest-ranked players until at least the quarter-finals.

Williams won her 13th Grand Slam title last year at the All England Club, but then stepped on broken glass, eventually leading to blood clots on her lungs, and was out of action for nearly a year. She returned to competitive tennis Tuesday at Eastbourne, coming back from a set down to beat Tsvetana Pironkova 1-6, 6-3, 6-4.

She was originally seeded No. 8, but the withdrawal of second-seeded Kim Clijsters moved the rest of the field up one spot.

"Listen, I don't ask for much. I would have been happy with 25, because I'm going to be in there fighting for every point and for everything," Williams said. "It doesn't matter where I'm seeded. I'm just going to give it 200 per cent like everyone else in the draw."

Wimbledon starts Monday. The draw is scheduled for tomorrow.

On the men's side, defending champion Rafael Nadal was seeded No. 1, followed by Novak Djokovic at No. 2, Roger Federer at No. 3 and Andy Murray at No. 4 — in line with their rankings.

Federer and Nadal have combined for the past eight titles at the All England Club.

For Federer, it's the first time he has been outside the top two seedings at Wimbledon since 2003, the year he won the first of five straight titles at the grass-court Grand Slam.

Since Serena's injury, she has dropped to No. 26 in the WTA rankings. If Wimbledon organizers had seeded her according to her ranking, the four-time Wimbledon champion could have come up against a top player in the third round.

Her sister Venus, a five-time Wimbledon champion, was seeded No. 24.

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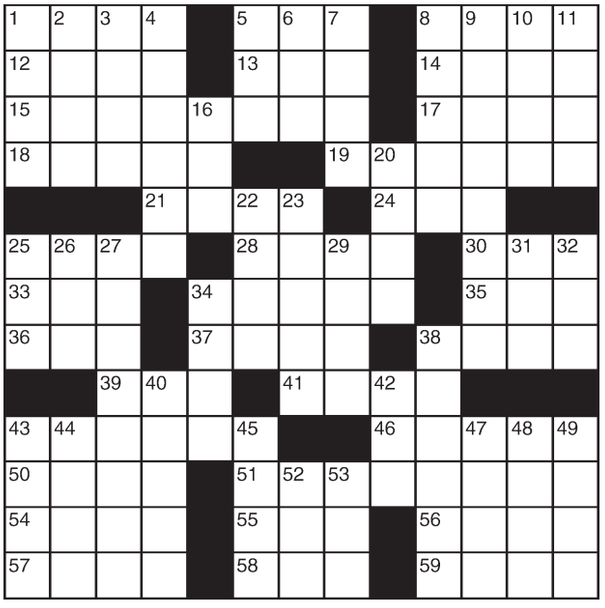
Crossword



Across

1 Con game
5 Not-so-tall tale
8 Front projection
12 Needing a cane
13 Earlier than
14 Hold sway
15 Intl. cartel
16 Actress Gardner
17 Elevator name
18 Railyard sight
20 Result
22 Every last bit
23 15-Across' product
24 Gullets
27 And so on
32 — Beta Kappa
33 Vast expanse
34 Blue
35 Unrelenting pest
38 Snakes
39 Storm center
40 Keyboard abbr.
42 Take out of context?
45 Small yellow fruit used in preserves
49 Vicinity
50 "Hail!"
52 Loosen
53 Optimistic
54 Family member
55 Particular
56 Being, to Brutus
57 "Of course"
58 "Piggies"

Down

1 Messy guy
2 Mafia bigwig
3 MasterCard alternative, briefly
4 Gathering places
5 Intrepid
6 Mr. Robbins who partnered with Burt Baskin
7 Suitor
8 Toaster's word
9 Cruel
10 Medley
11 Into the sunset
19 Mr. Pacino
21 "Ulalume" writer
24 Speedometer stat
25 "Caught ya!"
26 Brit's radio
28 Ball-bearing gizmo
29 Negligent
30 Knock
31 Billboards
36 Sailor's assent
37 Collection
38 Find not guilty
41 Therefore
42 Challenge
43 Love deity
44 Uncomplicated
46 "Do — others ..."
47 "Zip- — -Doo-Dah"
48 — River, NJ
51 Struggle (for)

▶ Monday's answer

S	L	A	P	■	B	A	R	■	B	A	S	S
E	I	R	E	■	A	C	E	■	O	N	T	O
A	N	T	E	D	A	T	E	■	S	T	A	N
S	T	Y	L	E	■	■	L	A	S	E	R	S
■	■	■	E	G	O	S	■	C	A	N	■	■
A	J	A	R	■	R	A	S	H	■	N	O	W
H	A	N	■	D	A	N	T	E	■	A	W	E
A	N	T	■	A	L	T	O	■	B	E	L	T
■	■	E	L	L	■	E	P	E	E	■	■	■
I	T	A	L	I	C	■	■	W	R	Y	E	R
R	I	T	A	■	A	N	T	E	L	O	P	E
I	D	E	M	■	R	U	E	■	I	R	O	N
S	E	R	A	■	D	N	A	■	N	E	S	T

Sudoku

	5		9		1		7	
		1				5		
	7		3		8		2	
	1	9				6	4	
2								5
	3	8				2	1	
	2		6		5		9	
		4				8		
	8		1		2		6	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Monday's answer ▶

7	5	9	3	8	4	1	2	6
1	2	8	9	7	6	5	3	4
3	4	6	2	5	1	9	7	8
2	1	3	6	9	7	4	8	5
9	8	4	5	1	2	7	6	3
6	7	5	4	3	8	2	1	9
4	3	7	1	6	9	8	5	2
5	9	1	8	2	3	6	4	7
8	6	2	7	4	5	3	9	1

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pumpkin noodle happy anniversary! this year has been amazing. i look forward to many more. i love you very much. **YOUR ANDREA**

Bear, ur the best thing that happend to me. Words can't explain how much i love & need you. Thank you for being there for me through thick & thin you know ill be there for you 2. I know right now its a little bumpy but im 100% it will all work out in the end, TKM, i love you with all mi corazoncito *muah **MAMI**

Mr. Big, you make the butterflies in my stomach go wild. I can't believe that it has already been two beautiful weeks... I can't wait to wake up next to you every morning so we can make breakfast together. I love you so much! **SWEET BUNS**

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Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Today, you will find it easy to open up and let those you care for know what they mean to you.

♉ Taurus April 21-May 21 Mercury's move into the communications area of your chart makes it easy to find the right words.

♊ Gemini May 22-June 21 Have fun today, but keep an eye on your financial situation.

♋ Cancer June 22-July 22 Remind everyone that you don't mind them asking favours but you do mind them giving orders.

♌ Leo July 23-Aug.23 If you don't feel like being sociable today, you don't have to make an effort.

♍ Virgo Aug. 24- Sept. 22 If something you would have preferred to stay secret becomes public knowledge today, don't deny it.

♎ Libra Sept. 23-Oct. 23 Think big, act big and expect a big breakthrough over the next 24 hours.

♏ Scorpio Oct. 24-Nov. 22 If you are asked to go on a trip of some kind (one you fear may bore you), don't turn it down. It could change your life.

♐ Sagittarius Nov. 23-Dec. 21 Your ability to notice patterns where others see only individual events, will be useful today.

♑ Capricorn Dec. 22-Jan. 20 You need to be more assertive, especially if you have let friends make decisions for you.

♒ Aquarius Jan. 21-Feb. 18 No matter how well things are going, you can't keep this pace.

♓ Pisces Feb. 19-March 20. Is thinking you must make amends for something you did a long time wise? **SALLY BROMPTON**

Caption contest

ALASTAIR GRANT/ THE ASSOCIATED PRESS

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1707 Robson St.
1092 Kingsway
3490 Kingsway
2338 Cambie St.

Burnaby
Brentwood Mall
Crystal Square
Lougheed Mall
Metrotown/Metropolis
4501 North Rd.
4711 Kingsway
3823 Henning Dr.
3430 Brighton Ave.

Coquitlam
Coquitlam Centre
2700B Barnet Hwy.
3278 Westwood St.
3000 Lougheed Hwy.
2988 Glen Dr.
1071 Austin Ave.

New Westminster
Royal City Centre

North Vancouver
Capilano Mall
Lynn Valley Centre
1199 Lynn Valley Rd.
1295 Marine Dr.
1801 Lonsdale Ave.
1392 Main St.

Richmond
Admiralty Centre Mall
Ironwood Mall
Parker Place
Richmond Centre
12571 Bridgeport Rd.

West Vancouver
Park Royal Shopping Centre North/South

Whistler
7009 Nesters Rd.

Squamish
Garibaldi Village

For more details on these great offers, visit your TELUS authorized dealer or retailer, visit telusmobility.com or call 1-866-264-2966.

FUTURE SHOP BEST BUY LONDON DRUGS Visions BLACK'S

Offers available until June 30, 2011. TELUS reserves the right to modify eligible rate plans with this offer at any time without advance notice. *Available to new consumer activations on a 3 year term with a Clear Choice voice and data rate plan of $50 or greater. †Available to new consumer activations on a 3 year term. ‡Cannot be combined with any other data plan. Tethering included. Additional usage over flex tiers is charged at 5¢/MB. See telusmobility.com for details on Flex Data tiers. Additional data is charged by the MB or GB and is rounded up to the closest KB (1 GB = 1,024 MB; 1 MB = 1,024 KB). Data usage is subject to a monthly overage limit of 10 GB. Data used while roaming in the US is charged at $3/MB, billed in increments of 1 KB/session. Data used while roaming outside Canada and the US is charged at $25/MB, billed in increments of 20 KB/session. **Premium messages are not included. An additional 20¢ charge will apply for each text message or attachment sent outside of Canada and the US. Text messages sent or received while roaming internationally will be charged at 60¢/message. Video and picture messaging are only available in PCS and 1X digital coverage areas. Clients with non-capable phones will receive a text message that includes a web address where they can view the picture or video. Multimedia messaging used while outside of Canada is charged as data roaming. ††Your ten numbers must be Canadian domestic numbers and must not include your own TELUS mobile phone number, your voice mail retrieval number, toll-free or 900 numbers. Nationwide talk refers to local and Canadian long distance calls made to or received from your mobile phone and is subject to additional roaming and/or international charges. You may change the ten numbers once per billing cycle by visiting telusmobility.com. ‡‡Based on network speed and size, as determined by TELUS' tests of data throughput speeds available from national HSPA+ service providers in large provincial urban centres, and comparison of the shared HSPA+ network available from TELUS to the public disclosure of HSPA+ network coverage of other provincial service providers for April 2011. Internet access speed provided by the network operator may vary due to the device being used, network congestion, distance from the cell site, local conditions and other factors. Speed on the Internet is beyond the wireless network operator's control and may vary with your configuration, Internet traffic, website server and management policies, and other factors. TELUS, the TELUS logo, the future is friendly and telusmobility.com are trademarks of TELUS Corporation, used under licence. Google, the Google logo, Google Maps, YouTube, Android and Gmail are trademarks of Google, Inc. Facebook is a registered trademark of Facebook, Inc. All other trademarks are the property of their respective owners. © 2011 TELUS.